

UNITY DAILY WORD

A Page of Sunshine for Every Day



Illustration by Harry

Revealing the way to
EALTH, HAPPINESS and PLENTY

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I daily praise Spirit within me for illumination and ever-increasing wisdom.

I daily praise and thank the Spirit of life and health for constantly restoring me to perfection of body.

Let all my thought people praise thee, O God; then shall the earth yield her increase and prosperity become manifest.

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

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Living in the Now

All existence is included
in the *divine moment*, the
ever moveless *now*.

—Warren F. Evans.

KEEP SHINING

The sun is always shining bright
And always giving some one light;
Though clouds may hide its face from you,
'Tis always shining, this is true.

You say, "There is no sun today!"
Oh, what an untrue thing to say!
The sun will never cease to shine,
A thing of faith, of joy a sign.

Now, deep within you there's a sun
That's brighter than the earthly one,
A sun that shines within your heart;
For it is God—of you a part.

So when you scowl or when you frown,
'Tis as when rain is coming down,
Or as when clouds hide sunny rays
And make men think of cloudy days.

Remember well the sun shines bright,
Always ready to give light;
So must the sun of God e'er shine
Within us bright—'tis heaven's sign.

UNLIMITED POSSIBILITIES

HOW EASY it seems at times to consent in our mind to some limitation upon ourselves! At such times we get into a negative state of consciousness and readily consent to some limitation upon ourselves, our life, and our work. We view ourselves from the angle of impossibilities. We gradually become content to live according to a certain circumscribed and narrow scheme of living. Then we become acquainted with Truth, the philosophy of Jesus, the science of life—our life—and things undergo a great change.

The study of Truth reveals to us our unlimited possibilities. We give up the narrowing thought. Limitations drop from our mind. We discover that there are no limitations upon us save our own limited beliefs. Closed doors of our mind open. Self-forged shackles drop from our wrists. We give ourselves a new deal. We behold ourselves as unlimited and free. Greater and greater possibilities are revealed to us.

The writer recalls one time having a man of his acquaintance confide to him a business project that he was considering. It was a new move in business, and on the surface his quite modest plans seemed to him to be rather daring in their scope. He was a very capable man and would no doubt have made a success of his undertaking. Through a series of circumstances, however, he seemed forced to delay launching the new business for a few weeks.

In the meantime a second man got the same

idea, developed it, thought about it in terms of unlimited possibilities, and made a huge success of his venture. Patrons were drawn to him not only because of the new idea in business, but because they wanted to be identified with a person of such capabilities. Those who came to his place of business felt that they, too, had gained a certain freedom from limitation.

A nationally known lecturer on practical psychology tells of her own experience. She lived a very humdrum sort of life. Her health was just good enough to permit her to keep going. Her environment was a most narrowing and unhappy one. She had almost settled down to accept the situation she was in as her lot in life when she realized that there was a great, broad, useful, and happy life that could be hers. The thing seemed at first almost impossible to her, but the consciousness of unlimited possibilities continued to develop.

She was an older sister in a large family and, as is often the case, received little consideration from her relatives. She described her position as that of an unpaid housekeeper for those who were as strangers to her. When the truth that she could be free dawned upon her, she was almost afraid to face it. With the truth came the realization that she would be free.

She prayed that the change, whatever it was to be, might bring with it a peaceful adjustment. Keeping her own counsel in the matter, she began making plans to the end that the

change might take place. She was a young woman of unlimited possibilities. She knew that a larger and broader world was definitely calling her, and she must answer the call. She wanted to help others to the consciousness of unlimited possibilities. A new friend came into her life and through this person's encouragement the change was effected.

Unlimited possibilities are not something for the other fellow, something always just around the corner, something existing in the future. Your unlimited possibilities exist for you right here and now. Reverse the limited thought that you entertain about yourself, your life, or your work, and you have an unlimited thought.

The door opens and shows you the way out of a life of limitation only when you grasp the truth about it in consciousness. The fact that you do not want to be limited shows that the door is opening and your release is at hand.

If you are dissatisfied with monotonous thinking and humdrum living, there is a way out for you. But you must grow "out." You cannot be free from a narrow life just by "leaving" it. You must develop in spiritual consciousness and know that all who are in touch with you will be blessed by the transformation. Do not take a selfish view of your change, but on the other hand, do not let the thought of being selfish keep you from your unlimited possibilities. You are never selfish when you allow the higher self in you more opportunity to develop.

MAN—MATERIAL OR SPIRITUAL?

MOST PERSONS think of man as material, because he appears to be. A certain percentage of them also agree that he has a spiritual nature. The matter of how much of him is material and how much is spiritual leads to considerable discussion. Of course the materialists think of him as entirely material. Those of spiritual vision see him as evolving into a realization that in Truth he is only spiritual.

The chemists tell us that man's material body, as far as its chemical constituents are concerned, is only worth a dollar or two. The dieticians tell us that his food must be considered from a material or chemical standpoint. The theosophists tell us that he is under a law of karma. Some theorists say that he is a product of heredity and environment. Always, it seems, he is considered from the standpoint of materiality or as affected by external material conditions.

Man has been examined, measured, microscoped, dieted, and treated from every possible material viewpoint. Individuals who are coddled and pampered according to the very latest theories of treatment display no better health than their great-grandparents who enjoyed none of the "advantages" of the methods of the modern experimenter. We are reminded of a man who had passed the century mark by a number of years and was asked how he treated himself. His reply was that he did not do anything; that he just lived.

Surely those who have found that they live by just living have gained a certain consciousness of health. They have found that their lives are not affected by material conditions and that they need not treat themselves from the standpoint of matter. They have found that the life within them is their life and that this life is Spirit.

If a man thinks of himself as material, then he becomes a victim of external things. He is affected by the weather and by what others say and do. He falls under bondage to material law. He begins to consider appearances. Some of the illusions of the material world appear to him as real.

When man knows that he is spiritual, he knows that he is free from material limitations and the laws of limitation. He knows that he is not bound by heredity and environment. He realizes that through his spiritual consciousness his body is being redeemed from the race belief in materiality. He knows that appearances are not always true. He realizes that what others think, say, and do cannot affect him.

Throughout the New Testament we find the truth of man's spiritual nature. We are called sons of God, children of light. Through the study of Truth, we are taught to look away from appearances and materiality and to behold Christ in ourselves. Our redemption comes only in our catching the vision of Truth and beholding ourselves not as matter but as Spirit. Without this vision we should be but as the dust of

the earth, without conscious intelligence and without knowledge of God in us.

When things of the external world would vex you, when you appear to be only a part of the material world, when you seem to be under the influence of cause and effect in a world of material forces, turn to Spirit within you and try to get a spiritual vision of yourself. Endeavor to behold yourself as you exist in the sight of God. Realize that you are solely under the power and the law of Spirit.

When you catch the high vision of what you are in the sight of heaven, a certain spiritual power is awakened in you. It is a power that quiets the claims of material forces. It is a power unlike anything the materialist knows. He cannot grasp its nature, because he has not developed the consciousness wherein he can perceive it.

Man is so entrenched in the belief in materiality that he needs to be very diligent in erasing the belief from his mind and in grasping the truth of his spiritual nature. His health depends upon his getting the consciousness of Spirit and of health. His success depends upon his consciousness of substance. His whole life depends upon his being able to get free from the claims of matter and from the belief that he is dust and on the way to return to dust. If he would live he must realize that Spirit is his life. He must know that he must see life from the standpoint of Spirit and that of spiritual values.

GAINING THE VISION

HE STUDY of Truth revealed to us through Jesus Christ helps us to gain a vision of ourselves as we exist in Truth. We see ourselves as we are seen in heaven: whole, perfect, successful. If we have believed ourselves to be imperfect, diseased, poverty-stricken, and unsuccessful, we exchange this thought for the truth. We are led to grasp the vision of ourselves that will quicken us to health and prosperity.

Those who fail in health or in finances have carried in their mind's eye the vision of disease and failure. They have looked at this picture so long that they have become like it. They need the vision of Truth and need to see themselves as the picture of health and success.

"Where *there is* no vision, the people perish." When man does not have the vision of Truth, he goes the way of darkness, disease, and destruction. His freedom from these can be gained only by getting a vision of himself in Truth. Being in mortal consciousness or that of perishing, he perishes.

Man is created in the image and likeness of God. If he believes that he is created in the image and likeness of sin and disease, he becomes like them. The vision that he sees of himself as sinful or diseased finally becomes quite true of him, and he pictures forth upon his countenance and upon his body the image of sin and disease.

The young man who wants to become a successful architect is not likely to be always think-

ing of himself as a plumber. The young athlete never hangs pictures of diseased bodies upon the walls of his gymnasium. He puts before his eyes that which he is striving to become like: the picture of health and strength.

The student of Truth keeps before his mind's eye the thought of mental and physical perfection. He sees himself becoming more brilliant minded and healthier in body. He is ever gaining a clearer realization of that which he is striving to become. To him, Jesus Christ represents the perfect man. He thinks of the Christ as master of all things of the world and as knowing no defeat. Christ represents to him the ideal toward which he is ever striving.

Do you readily gain the vision of Truth? Can you see yourself freed from the thought of sin, limitation, fear, disease, and failure? Can you grasp the perfect picture of your innate Christhood? Regardless of appearances, you are the image and likeness of God, the son of God, and ever becoming more and more like Him.

The truth of your freedom and perfection ever exists in Spirit. The belief in your shortcomings and failures does not exist in Truth. No adverse or limited belief about you has any basis in Truth. According to the high science of Jesus Christ you are ever like unto your Father, ever manifesting His perfection. Your duty is to grasp this Truth and to be true to the vision. Life will take on a new meaning when you behold yourself in Truth.

TAKE CHRIST WITH YOU

KNOW that Christ is with you this day. He is the Spirit of God dwelling within your breast. He is the presence of light, peace, joy, love, life, and substance within you. Be aware of His presence and know that He goes with you wherever you go. As you develop in spiritual understanding you will be more aware of His presence than you are of your own personal self.

Should you be called on to go into some place of darkness, take Christ with you. Realize that He goes with you as a Spirit of light, illumining the darkness with His presence. He goes with you as wisdom and intuition, inspiring you and all whom you meet.

Take Christ as peace with you this day. If you should be called on to go into some environment of inharmony, take Christ with you; that is, realize that His peaceful presence is with you. Know that inharmony cannot exist where He is. Realize that His presence is ever causing peace to be manifested as a visible representation of Himself and of the very peace of heaven.

Take joy with you wherever you go. Christ as joy abides within you. Let His presence scatter all sorrow and depression. Realize that He puts to flight every belief in depression. In Truth only Christ exists and there is naught but joy. Be aware of His joyful presence and abide in His fullness of joy.

Take Christ, divine love, with you. This presence is an antidote to all belief in the power

of hate and fear. No hateful or fearful thought can abide in the presence of divine love. Nothing unloving can endure in the presence of Christ.

Take Christ as life, health, and strength with you. Know that He is the life, health, and strength of your own body. Realize that your consciousness of life in Christ is mighty to help you to lift others to the consciousness of the presence of the Christ life within them. Know that Christ is your eternal, enduring, never-ending life.

Realize that Christ is your substance. There is no lack in Christ. His presence establishes plenty for you in all your affairs. His presence causes you to serve others and they compensate you lovingly for your loving service.

Know that no limited or adverse belief can exist in the presence of Christ. There cannot be the presence of omnipotence and also the presence of some opposite power. There cannot be omnipresence and the presence of ignorance, inharmony, sorrow, hate, fear, disease, and lack. The presence of Christ is all there is in Truth. When you take Christ with you, when you are aware of His presence, you take with you that which knows no defeat, that which will work good for you, that which will cause you to accomplish whatever you undertake.

Take Christ with you into your home, into the presence of friends, into your business, into your play. Wherever you go, there goes Christ.



ONE DAY AT A TIME

Life does not come to us all at one time; it comes only a day at a time. Even tomorrow is never ours until it becomes today, and we have nothing whatever to do with it but to pass down to it a fair and good inheritance in today's work well done, and today's life well lived.

It is a blessed secret, this, of living by the day. Any one can carry his burden, however heavy, till nightfall. Any one can do his work, however hard, for one day. Any one can live sweetly, patiently, lovingly, purely, until the sun goes down. And this is all that life ever means to us—just one little day.

—*Selected.*



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FRIDAY, SEPTEMBER 1

I rise above all belief in fear and abide in the consciousness that Christ in the midst of me is ever courageous.

 **F** YOU would get rid of fear, turn your mind away from any thought that persons and external things have power over you. Cease to think of these as able to dominate or to injure you. Dwell upon the presence of Christ within you, the very presence of courage and fearlessness.

When you fear any person or thing you build up an attitude of mind in which you give objects power over you. Your fear increases because you continue in the fear thought. The mental state engendered finally becomes the thing that you fear. In treating fear, trying to get rid of it, you must always realize that you do not have to deal with persons and things but with your beliefs about them.

Instead of thinking of your weakness in the presence of others, think of your courage and strength in the presence of the Christ within and about you. Annihilate fear by building up a strong consciousness of courage. Instead of giving power to external things, appropriate the power of Christ in the midst of you.

When you believe more in the power of Christ than you believe in external things, you will not be afraid.

Peace be to you, fear not.—*Gen. 43:23.*

SATURDAY, SEPTEMBER 2

I am no longer anxious. I trust God in all my ways, and He brings good to pass.

 **F** YOU are inclined to worry, if you become anxious about personal affairs, other persons, and external things, increase your trust in God. Give your attention to His power to regulate and to adjust your affairs instead of giving thought to that which makes you anxious. Do not try to get rid of worry just by a determination to end it; replace worry by some other attitude of mind. Trust in God and you will not have occasion to worry.

Those who worry show very plainly that they do not put their trust in God. They show that they believe more in the power of external things than they do in the power of God. They believe that the working of things will prove too much for the action of God.

Your freedom from anxiety comes when you realize that God is taking care of you. You then know that even when things look darkest and most alarming, you need not worry. You realize that God is with you at all times and that through your faith in Him your good does come to pass.

You overcome the habit of worrying when you trust in God.

Be not therefore anxious.—Matt. 6:34.

SUNDAY, SEPTEMBER 3

I no longer doubt God, the good. My faith in Him ever increases.

AS WE increase in faith in God, the good, we find that we believe less and less in any opposite of God. We believe in the reality of God and cease to think that evil can be true. We lose all feeling of doubt as we catch the perfect vision of faith.

If you would increase in faith, if you would rise above doubt, if you would believe less and less in evil, think more about God. Let Him be uppermost in your thought. When inclined to think of evil as sharing God's omnipotence or omnipresence, turn in thought to God. Let your consciousness of His presence and omnipotence increase.

When you are inclined to believe in sin, disease, fear, and failure, turn to God. Turn to Truth and increase in the consciousness of God's reality, presence, and power. If you will but realize the truth of His omnipotence you will not have faith in anything else. When you grasp the truth of His omnipresence, you will not believe in the presence of something else. You can see that an understanding of Truth, a right concept of God, is necessary if your faith is to be anything more than blind faith.

Yet am I with you in the spirit, joying and beholding your order, and the stedfastness of your faith in Christ.—*Col. 2:5.*

*God blesses me with ideas to improve
my work and takes charge of the affairs
of my business.*

DO YOU grasp the truth that your business is God's business? Do you not see that you came into life in order to do something, in order to fill a vacant place in God's great scheme of existence? When a person is lazy or idle, he is not doing the work planned for him. Man's duty is to be active, letting the energy of God flow through him, letting the mind of Truth direct him. He must think of his business as God's business and let God take charge of all that he does.

Man's part is to let God express His ideas through him. He is to be active because God in him supplies him with energy and the desire to express himself. His capacity for mental or physical work is unlimited. He cannot be exhausted as long as he realizes that God is working through him.

The new ideas that we put into our work come to us so that we may improve it and thereby enlarge our capacity to serve. In the great universal scheme we are compensated according to our capacity to serve and our willingness to let God work through us.

Study to be quiet, and to do your own business, and to work with your hands, even as we charged you.—*I Thess. 4:11.*

TUESDAY, SEPTEMBER 5

The presence of Christ in me fills me with great joy, and I am joyful at all times.

DO NOT think of happiness as being yours only when external things do not make you unhappy. Base your happiness on an inner consciousness of joy and be happy regardless of external things. Find the presence of Christ within you and discover that this is a constant presence of joy.

Can you not be joyful because you know Truth? Can you not be happy just by realizing that Christ abides in you? Through an understanding of Truth you come to know that persons and external things cannot take your joy from you. You realize that your happiness does not depend on what others think, say, or do.

Be joyful because the presence of Christ within you fills you with joy. Be joyful because you know the truth about your relation to God. Be joyful because as you increase in understanding you will increase in joy. Be joyful because nothing in all this world can take joy from you.

Abiding in the realization of Truth, you abide in the consciousness of unchanging joy. The state of external things cannot affect your joy.

That my joy may be in you, and that your joy may be made full.—John 15:11.

WEDNESDAY, SEPTEMBER 6

The love of God in my heart frees me from hate and fear. Love now fills my mind and my heart.

 **F** YOU would be free from thoughts of hate and fear, realize your oneness with divine love. Realize that through the presence of God you are filled with love. When a thought of hate or fear comes to mind, turn in thought to God and think in terms of love.

God's love is sufficient to do all things for you. If your prayers have not been answered, increase in love. If your personal problems have not been solved, love more and more. You will find that love is the solution to your problem and that it is mighty to carry your demonstration to fruition.

The most foolish thing we can do is to be unloving. When we are, we place ourselves out of line with God's purpose and with all creation. Thinking the unloving thought, we think contrary to the Truth of God. Acting in an unloving manner, we fall quite short of that which we should be as children of a loving Father. The unloving person shows very plainly that he does not know his relation to God. Cease permitting yourself to think unloving thoughts and think of the love of God.

Forbearing one another in love.—*Eph. 4:2.*

THURSDAY, SEPTEMBER 7

God, divine law, the principle of good, is the basis of my life. I now know that I am free from any belief in a law of misfortune and that I am established in the law of good.

 EVER think of yourself as under a law of ill luck. There is no law back of adversity. In Truth the only law is the law of God, the law of good. Since in Truth God is the only cause, then in our consciousness of Truth we can recognize no cause but the cause of good and, consequently, no effect but the effect of good.

Remember that evil, sin, sickness, and failure have no principle, no law to sustain them. For this reason, they disappear as soon as we meditate on the law of God and the omnipresence of good. If adversity had law back of it, we could never hope to get rid of it. By meditating on the law of God we come to know that in Truth there is no opposing law.

The principle of good should be our chart and our compass through life. It should direct us in all our ways. If something does not measure up to this principle, then we should know that it has no recognition in Truth.

He that looketh into the perfect law, the law of liberty . . . shall be blessed in his doing.—James 1:25.

FRIDAY, SEPTEMBER 8

Jesus came into the world to set me free, and I now accept His full gospel of perfect freedom.

SET YOUR mind free from such thoughts as would bind or limit you. No longer believe in bondage of any kind. Cease to believe that persons or external things can bind or limit you. Rejoice in the knowledge that Jesus came to set you free and accept the freedom that He has given you.

If you would be free from the belief in disease, accept the truth about health. If you would free yourself from failure, let the freeing truth of Christ set you free. Freedom must first take place in your mind through letting the freedom of Christ be established therein. You must exchange the belief in bondage for the truth about freedom.

The Christ message about freedom is heaven-sent. Jesus came to suffering humanity in order to deliver such a message. Man in bondage to ignorance, sin, fear, disease, and failure was set free by the coming of Jesus and the acceptance of the Christ message. They remain in bondage who remain in the belief in bondage. They do not let Christ work in them.

He that was called in the Lord being a bond-servant, is the Lord's freedman.—I Cor. 7:22.

SATURDAY, SEPTEMBER 9

Abiding in the omnipresence and the omnipotence of God, the good, I know that evil can have neither place nor power.

S WE meditate on God, the good, we see that He has no opposite in Truth. As we rise to the consciousness that He is all in all we find that sin, evil, fear, disease, and failure have no place or power in our life. Meditating on the allness of God, we lose all belief that He has a rival or competitor.

If evil appears in your life, you can get rid of it by thinking of the good. Remember that good is based on Truth. You will cease to see evil when you cease to believe in it. Evil will no longer appear when you believe that only God, the good, has reality and power. The appearance of evil will give way to the manifestation of good when your belief in evil is replaced by the truth about God.

A good part of metaphysical treatment is devoted to the practice of meditating on the allness of God to the exclusion of human belief in evil. In the prayer of the student of Truth, he thinks of God, the good, and this becomes the only reality to him. He causes good to be manifested through his faith in it.

Hold fast that which is good.—*I Thess. 5:21.*

SUNDAY, SEPTEMBER 10

I am free from the habit of impatience. I patiently trust the Spirit of God and have the assurance that all is well.

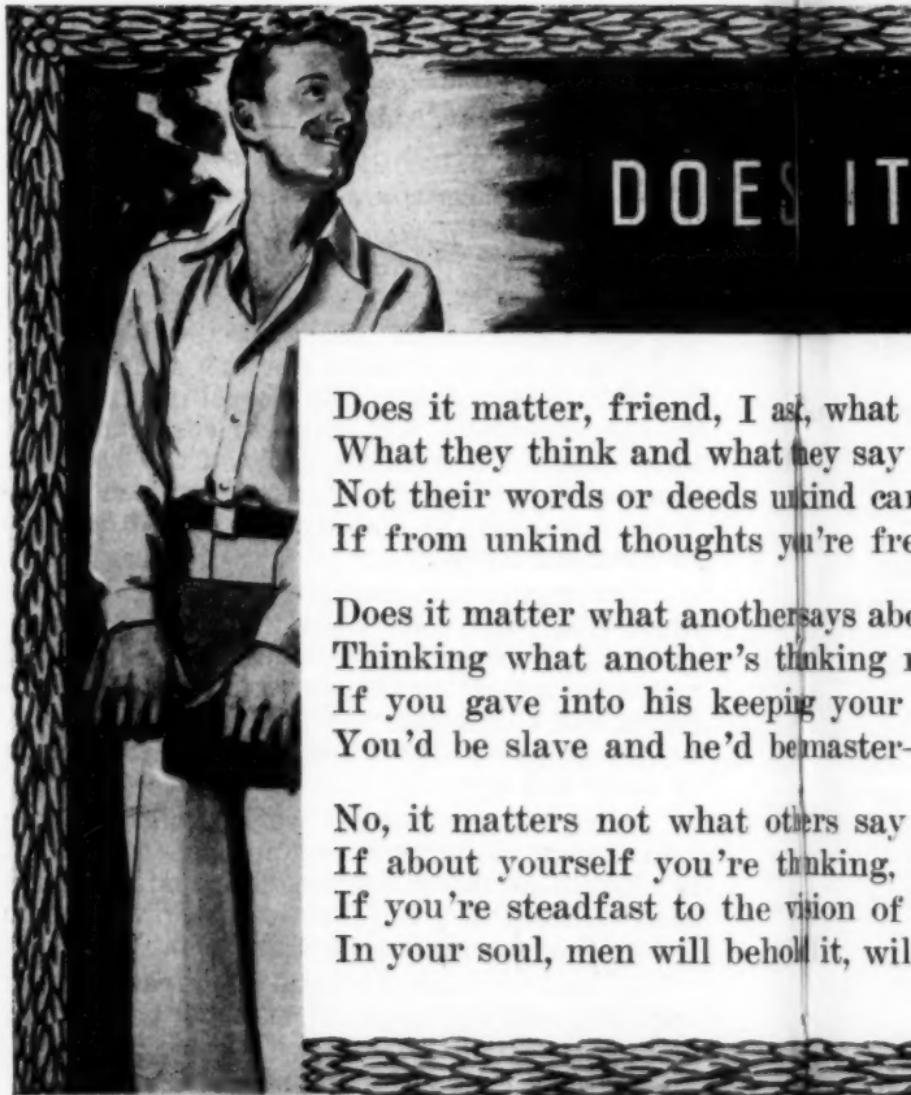
HOSE WHO are inclined to be impatient would do well to take their thought off other persons and external things and think more often of God. In this way they will come to cease to think that things of the external world can conspire against God. They will trust God when otherwise they might be discouraged about the state of external things.

The impatient person shows that he does not trust God fully. He feels that through some chain of circumstances the power of things will prove too much for the power of God. He believes that God's help will be delayed or be prevented from coming to him through the action of some evil force.

When we are patient we lose sight of the appearance of disaster and increase our faith in God. One thing we must keep out of mind and that is the belief that disaster will come before God's action takes place.

To be free from the habit of impatience we need but take our mind off external things and increase our trust in God within us.

Bring forth fruit with patience.—*Luke 8:15.*



Does it matter, friend, I ask, what
What they think and what they say
Not their words or deeds unkind can
If from unkind thoughts you're free

Does it matter what another says about
Thinking what another's thinking about
If you gave into his keeping your
You'd be slave and he'd be master

No, it matters not what others say
If about yourself you're thinking,
If you're steadfast to the vision of
In your soul, men will behold it, will

DOES IT MATTER?

I ask, what other persons do?
What they say can never injure you.
What is unkind can injure you the least,
And when you're free, from thinking fear have ceased.

What others say about you, friend?—
That thinking never comes to end!
That keeping your own peace of mind,
Is to be master—to your freedom blind.

What others say or think of you
Is always thinking, always thinking true;
The vision of the truth that lies
Behold it, will good recognize.

MONDAY, SEPTEMBER 11

I realize that in Truth God is the only power. God in the midst of me is all-powerful.

WE TAKE a great step in our spiritual advancement when we realize that God is the only power in Truth. This realization brings with it the thought that that which is unlike God, the good, is without power. Reasoning in this way, we see that evil, sin, fear, disease, and failure have no power in Truth because God is all-powerful.

The so-called power of evil comes through man's believing in its power. Were man always conscious of the omnipotence of good, evil would be powerless to harm him. When man knows that through the power of God he is made whole and well, at the same time he realizes that disease in any form or guise is rendered powerless to affect him. When he realizes that God is the power which makes him prosperous and successful, he knows that no belief in failure can touch him or have power to influence his finances.

Guard your thought and conversation that you may not think or say that adverse things have power. Remember that the only power in Truth is the power of good.

Behold, I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy.—*Luke 10:19.*

TUESDAY, SEPTEMBER 12

I give up every adverse thought that I may identify myself with the mind of Christ, the knowledge of Truth.

 HERE IS but one spiritual consciousness, one Divine Mind, one science of Truth. Man has power to think any kind of thought, but his thinking does not give it the stamp of verity. In the study of Truth, he disciplines his mind that he may get rid of adverse thoughts and think thoughts of Truth.

Do not think of Divine Mind as some sort of cosmic brain, shooting thoughts to you. Right thoughts come to us through spiritual intelligence. Divine Mind is the sum of the science and knowledge of Truth. We identify ourselves with this Mind and master spiritual science when we rise out of adverse beliefs.

In Divine Mind or spiritual consciousness are thoughts of Truth, love, life, health, and success. In the deeper and higher realms of your mind you enter spiritual consciousness and entertain divine thoughts. When you think adverse thoughts you are not in spiritual consciousness; you are in a state of mind in opposition to God and Truth.

Bringing every thought into captivity to the obedience of Christ.—*II Cor. 10:5.*

WEDNESDAY, SEPTEMBER 13

I know that in the sight of God I am perfect, and I now look to this perfection now appearing.

N THE sight of God you are something entirely different from what you may think yourself to be if you are not established in Truth. You may look upon yourself as imperfect or diseased, but the fact still remains that you are the perfect creation of God. You are perfect even as your Father is perfect.

When you are inclined to think of yourself in terms of adversity or limitation, change your thought to Truth. Think of yourself as you exist in the sight of God, free and perfect. Only by thinking thus can you cause your perfection to appear. When you think of your shortcomings, if any, you ascribe to them a sort of reality. They become as real to you as if they existed in the sight of God.

Through thinking contrary to Truth, man causes himself to appear to be something contrary to Truth. If he thinks hate, fear, and disease, these adverse thoughts appear on his countenance and in his body. He thinks himself into something entirely different from what he is in the sight of his Creator.

With the perfect man thou wilt show thyself perfect.—*II Sam. 22:26.*

THURSDAY, SEPTEMBER 14

I do not think of my body as mortal, material, physical, or diseased. I know that the presence of Christ fills it and spiritualizes it.

HAVE YOU grasped the Truth conception of your body? Have you risen above the belief that it is something mortal and imperfect? Have you gained the realization that in Truth it is the temple of Christ and that this presence fills it at all times?

If you think of your body as material, as existing under certain material laws, it becomes a material thing to you, affected by laws of materiality and disease. By a law of materiality, it goes through a process of disintegration. A knowledge of Truth frees it from all belief in materiality.

Know that in Truth your body is filled with the presence of Christ: the presence of light, peace, joy, love, life, health, and substance. In this presence there can be no presence of impurity, disease, or death. This is the presence of Spirit, mighty to spiritualize your body and redeem it from all man-made belief in mortality and disintegration.

He that raised up Christ Jesus from the dead shall give life also to your mortal bodies through his Spirit that dwelleth in you.—Rom. 8:11.

FRIDAY, SEPTEMBER 15

The peace of Christ in the midst of me makes me peaceful, and I transform my world into one of peace.

YOU CAN have peace in your world only by filling it with peaceful thoughts. When you think a peaceful thought you neutralize an inharmonious one. By the process of guarding your thoughts and disciplining them, you fill your mind with only thoughts of peace.

When you are inharmonious or disturbed mentally or physically, change your thinking. Cease from thinking inharmonious thoughts. Turn to the presence of Christ within you and think peace. Realize that you are at one with the peaceful presence of Christ, who knows no inharmony.

Peaceful thoughts easily manifest themselves as peace. When we are in the consciousness of peace, peace is expressed in our body and in our environment. We think of peace and it appears. Inharmonious conditions vanish when we enter the consciousness of peace.

When you live close to the presence of Christ within you, you identify yourself with peace. Peace is expressed in all that you think and do.

Now the God of peace . . . make you perfect in every good thing.—*Heb. 13:20, 21.*

SATURDAY, SEPTEMBER 16

I am constantly being renewed through the ever-renewing power of Christ in me.

YOU RENEW yourself or become old according to your thought about life and about yourself. If you think of external things as having power to limit your joy and life, if you think of material conditions as having power to wear down your life or to decrease its measure, you will find that an aging or limiting process will set in. Your belief in the power of years to make you old will age you.

Man becomes old because he fails to maintain a conscious unity with the Spirit of newness within him. Were he to keep identified with this presence, he would constantly be renewed. Were he to be conscious at all times of this presence of newness, it would become so much a part of him that newness would become the very keynote of his existence.

New thoughts renew us through the power of the spark of newness within them. The vitality of Spirit itself fills a new thought of Truth. When we think such a thought, our consciousness takes up the spark of the divine back of it and we are mentally regenerated. Physical renewal follows.

Sing unto him a new song.—Psalms 33:3.

SUNDAY, SEPTEMBER 17

Knowing that things of the external world cannot make me tense, I relax from all stress and strain. I am thoroughly relaxed.

REAXATION takes place in mind and in body when we clear our mind of the belief that external things can affect us. The thought that the world, its people, and things can disturb or injure us causes a state of tension which can be overcome only by overcoming the belief. Saints and sages have long looked on the world as interfering with spiritual development for the reason that they know that too much attention given to the power of external things draws attention away from the power of the indwelling Spirit. They know that the belief in the power of things makes man tense and this state interferes with relaxation, which is so necessary for prayer and overcoming.

We relax from stress and strain when we remove from our mind all strain-producing thoughts. We become relaxed mentally and physically when we think thoughts of peace and unify ourselves with the harmonious presence of Christ within us.

The government shall be upon his shoulder.
—Isa. 9:6.

MONDAY, SEPTEMBER 18

The life of Christ in me keeps me alive forevermore, and I manifest and radiate life.

HE LIFE in you is the indwelling life of Christ. You appropriate and manifest this life according to your consciousness or awareness of it. If in your mind's eye you picture life as a small-scale affair, then your supply of it is limited. If on the other hand you appropriate life in an unlimited measure, then you live life to the fullest.

If you tire easily, if you lack vitality and energy, you may be certain that you have not developed a consciousness of life. If the belief in disease occasionally causes you to be weak and weary, you may be sure that this belief is stronger than your knowledge of Truth, your realization that your life is unaffected by mortal beliefs.

The life of Christ in us flowing in and through us is unlimited and unobstructed when we have unlimited beliefs about it and no obstructing thoughts. Only our own limited belief can limit the capacity of our life.

Our Saviour Christ Jesus, who abolished death, and brought life and immortality to light.—*II Tim. 1:10.*

TUESDAY, SEPTEMBER 19

The light of Christ in me floods my consciousness, and I am illumined, wise, and inspired.

 O NOT think of yourself as lacking in wisdom. In the sight of God, you are His child, intelligent and wise. He is ever your intelligence, illumination, and inspiration. When you are conscious of this mighty truth you are filled with His light.

Realize that the light of Christ shining at the very heart of your being fills you with light. Know that He is ever within you helping you to solve your problems, guiding your feet, directing your steps, choosing your path. Know that you cannot be separated from this light. Realize that it is shed on every problem that needs solution. Know that this light helps you to make decisions and choose the way you should go for your highest good.

The light of Christ in you is the light of heaven brought to bear upon your individual problems or needs. When you pray for guidance, you become conscious of this light. You feel that a load has been lifted from your shoulders. The light of joy and freedom shines in your consciousness. You know that the light has shone within and upon you.

While ye have the light, believe on the light, that ye may become sons of light.—John 12:36.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

September 20 to October 19

ILLUMINATION

The light of the Holy Spirit quickens my mind and renews my understanding.

HEALING

The new life released by Jesus Christ in the kingdom of God quickens and heals me.

PROSPERITY

The new substance released by Jesus Christ in the kingdom of God makes abundance manifest for me.

WEDNESDAY, SEPTEMBER 20

The consciousness of the presence of Christ in me makes me conscious of my own health and strength.



INSTEAD of thinking of your being related in some wise to disease and weakness, know the truth of your unity with the presence of Christ within you, the presence of health and strength. This presence is most tangible to you. It is the very Spirit within you.

When you need to be healthier, increase your consciousness of health by thinking of the presence of Christ within you. Certainly, to be healthier you will cease to think disease thoughts and cease to think of disease as a reality within you. Only the health of Christ in you is real and eternal.

Remember that the healing presence of Christ within you actually heals you. It is the health of your body. In Truth you can gain health only by receiving it from the presence of Christ at the heart of your being. Through Christ, heaven supplies to you life and health sufficient for all your needs.

The belief in disease drops from your consciousness when it is filled with a realization of Truth and health.

Jehovah will take away from thee all sickness.
—Deut. 7:15.

THURSDAY, SEPTEMBER 21

The Spirit of plenty now active in my mind quickens me to a consciousness of freedom from lack, and I am bountifully prospered.

 **F** YOU would be prosperous, fill your mind so full of prosperous thoughts that they just overflow into your affairs. In order to do this, you must drop from mind every belief in lack. You must cease to think that there is any virtue in poverty. You must erase from mind all belief that it is God's will for you to suffer and to lack. You need to clear from mind any belief that you cannot escape from ill luck and poverty.

In the consciousness of prosperity you become aware of prosperity. You realize that the very prosperity of your Father comes to you, His child. You realize that the rich ideas of Divine Mind are shared with you through your own mentality. Your freedom from all belief in poverty and lack comes with the high realization that you participate in the riches of God and that no good thing is denied you.

Keep every channel open for prosperity. You can be prosperous only when the floodgates of your mind are open to prosperity.

*The Almighty will be thy treasure,
And precious silver unto thee.
—Job 22:25.*

FRIDAY, SEPTEMBER 22

I know that in Truth there is neither past nor future. I live in the present moment, the only time in Spirit.

NEITHER the past nor the future exist in Spirit. The only time that Spirit recognizes is the present moment. Were we always to recognize this, we should abide in the time of Spirit and live in the eternal now. When time passes into the past it becomes dead to us. Unpleasant memories of the past, thoughts of failures and losses but hold us to adverse conditions. Looking to the future instead of living in the present but keeps us from enjoying the blessings of the present moment.

When we abide in the now our prayers are answered now. There can be no delay in our demonstrations when we recognize no limitation of time. There can be no waiting for future rewards when we know that in Truth our good comes to us when we are able to receive it. The belief in time cannot keep our good from us when we realize that in Truth there is no time, no delay, no tomorrow.

Cease to think of being happy tomorrow: be happy today and enjoy the present to the full. No longer look to the future for demonstrating health and plenty: these will be yours today if you live in the present.

The time is fulfilled.—*Mark 1:14.*

SATURDAY, SEPTEMBER 23

*God is now enthroned in heaven in
the midst of me, and I enjoy the bless-
ings of heaven here and now.*

 RASE from mind all belief that heaven exists in some distant place or in the future. Heaven is a harmonious state of consciousness, and you can attain it right here and now. Heaven is found in the innermost realms of your being. We find heaven through knowing the truth about living and not through disease and death.

In heaven exist all the blessings we desire: wisdom, peace, joy, love, life, health, and plenty. When you turn to heaven and realize its presence you become aware of the presence of whatever blessings you seek. Having sought and found heaven, you are rewarded with its choicest gifts.

We find heaven everywhere about us when we possess the inner heavenly realm. Our world takes on a heavenly aspect when we can view it through heavenly eyes. The Spirit of God in the midst of us gives us the heavenly vision and we behold all things as they exist in the sight of God.

If you would enjoy the heavenly life, think heavenly thoughts.

Seek ye his kingdom, and these things shall be added unto you.—Luke 12:31.

SUNDAY, SEPTEMBER 24

Christ, the Truth of God, is ever active in my life, and henceforth I react to all situations from the standpoint of Truth.

 LET THE TRUTH of Christ be uppermost in your mind at all times—the truth about your perfection in the sight of God, the truth about your unity in love with all creation, the truth that heaven ever supplies you with health and supply, the truth that you have nothing to fear, the truth that the presence of Christ is ever within and about you!

When Truth is implanted in your consciousness, falsehood disappears. You will not accept falsehood for truth when you learn to react from the standpoint of Truth. You will not believe in the reality or power of fear, hate, disease, or lack when you know that these have neither place nor power in the Truth of Christ. You will not believe that adverse appearances have reality or power when you know that only the omnipresence and omnipotence of Christ, the Truth of God, has reality and power.

Jesus came with the message of Truth in order to inspire man to his Christ consciousness. He wanted man to find Christ, divine Truth, within himself.

Speaking truth in love.—Eph. 4:15.

*The quietness and stillness of Christ
in the midst of me command my world.*

HINK OFTEN of the power of stillness. You will find that meditating on the presence of Christ within you, relating yourself to His stillness and power will cause more power to be given to you. The noise and jangle of the world about you will no longer attract your attention when you learn to be quiet. You will live in a world of quiet when you find the presence of Christ within you.

Many persons find it most helpful to have definite times each day for silent prayer, going into the silence, and practicing the presence of Christ. In this inner stillness they find that deep silence which gives them spiritual peace and power. They find Christ and in Him find perfect stillness and quiet.

If there is considerable disturbance in your world, if outer things tend to disturb your peace of mind, turn to the presence of Christ—quietness and stillness—within you. In the innermost depths of your being you will find that which is undisturbed by things of the world about you. Nothing of the external world can disturb you when you are established in the presence of Christ within you.

Take heed, and be quiet.—*Isa. 7:4.*

TUESDAY, SEPTEMBER 26

The forgiving power of Christ is now active in me and I readily forgive. I too am forgiven.



ORGIVENESS is a process by which Christ in us wipes out all memory of evildoing. We cease to blame ourselves and others when Christ in us has set us free. The memory of saying or doing something that we should not have said or done is wiped out of mind when Christ in us prompts us to remember only the good, the true, and the loving things.

Do not get the impression that you forgive yourself. Do not think that forgiveness takes place in personal consciousness. If you have sinned against the commandments of heaven, then only heaven can release you through its ambassador, Jesus Christ, the Spirit of whom abides in you. Your release from the sense of sin comes when you know that Christ in you has erased from mind the accusing thought of sin.

When you forgive others, you drop from mind the unforgiving thought and let Christ in you radiate His love and forgiveness to them. Then you see them without any memory of the offense.

Her sins, which are many, are forgiven; for she loved much.—Luke 7:47.

WEDNESDAY, SEPTEMBER 27

*The dominion and authority of Christ
in the midst of me give me dominion
and authority over myself and over all
the affairs of my world.*

I F YOU believe that external or adverse things have dominion over you, if you think that some person or thing has authority over you, if you think of dominion and authority as belonging to anything other than Christ within you, you develop a psychological complex or attitude of mind in which you think of yourself as inferior and as something quite unlike your divine sonship of authority and dominion.

In Truth you have all dominion and all authority, because Christ in you exercises these. You have dominion over all the affairs of your world. No person or outside thing can dominate you. Nothing in all this world can subjugate you or cause you to believe in inferiority when you know Truth.

Christ is omnipotent, sharing His dominion and authority with nothing else. Should you believe that something else, some rival power, shares the dominion and authority of Christ, you would deny His omnipotence.

To him be the glory and the dominion for ever and ever.—*Rev. 1:6.*

THURSDAY, SEPTEMBER 28

I rejoice to commune with the Spirit of Christ in me. I am in prayer when I am conscious of my oneness with Christ and His blessings.



HINK OF PRAYER as an attitude of mind wherein you realize your identity with Christ. In prayer we do not beseech God for something; we realize our oneness with Him and with all that He is. Prayer, therefore, is affirmative and positive.

In prayer, you do not tell God of your shortcomings; you realize the wealth of your perfection in Him. You do not pray to have disease taken from you; you know that in Christ you are whole and well. You do not beseech God to remove some infliction of poverty from your affairs; you know that it is God's will for you to be prosperous and successful.

You pray the prayer of Truth when you enter that higher realm of mind and of Spirit in which you realize that you are at one with Christ and appropriate the blessings that He showers upon you. In the realization of Truth you know that you are at one with all that Christ is. You realize that all that He has is yours.

I will pray with the spirit, and I will pray with the understanding also.—I Cor. 14:15.

FRIDAY, SEPTEMBER 29

*Christ in me is ever exalted, and I too
am ever exalted through the Spirit of
God dwelling within me.*

DO NOT THINK of things as having power to cast you down. Know that through the Spirit of God in you, you are ever being lifted up. Realize that through Truth you are exalted. Wipe from mind all belief that other persons or external things can keep you from rising to spiritual heights. Nothing can keep you from being exalted but some limited belief. Christ in you ever seeks to lift you up to heavenly heights.

Christ in you exalts you above man-made beliefs in fear, hate, disease, and failure. When you are elevated to spiritual heights you cannot know these. You cannot believe in their reality or presence or power when you abide on the mountain tops of Truth. Exalted to the presence of God, you are exalted to the presence of light, peace, joy, love, life, and plenty. Remember that the Spirit of Christ ever lifts you up to know Truth and its manifestation.

You will know the ecstasy of oneness with God when you allow yourself to be lifted up to His presence. You will realize that in Truth you dwell above man-made beliefs in limitation and dwell in the peaceful joys of Spirit.

Now will I arise, saith Jehovah; now will I lift up myself; now will I be exalted.—*Isa. 33:10.*

SATURDAY, SEPTEMBER 30

Because Christ in me does not condemn, neither do I condemn. I rejoice to praise the good in others or wherever it is to be found.

CONDEMNATION comes from looking at the shortcomings of others and from thinking that we have a right to call attention to them. We condemn when we are in personal consciousness. We show that we are not in a high state of consciousness when we condemn others.

When we praise the good that is in other persons we become so occupied with seeing the good that we do not condemn them. The good that we praise increases and finally there is no evil for us to point out. Thinking about the good, we cease to look for evil. As we think about the good we lose sight of anything else.

Is there some one in your life whom you are inclined to condemn? Are you inclined to make much of his faults and to overlook his good points? Do you fail to see the good in him? Then rise out of personal consciousness, the consciousness wherein you see personal limitations and things according to personal values, and let Christ in you act. Let Christ in you free you from condemnation.

There is therefore now no condemnation to them that are in Christ Jesus.—Rom. 8:1.

An Avenue to Happiness

There are many avenues to happiness: faith, love, wisdom, service. Perhaps you are following, right now, the avenue of service; daily your pathway is crossed by men and women who are discouraged or who have lost their way. Why not share with them the message of Truth as presented in *Unity Daily Word*? To share Truth with others is the most potent and lasting service that you can render, because it helps others to help themselves.

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If friendship is a communion of souls, then if anything bad turns up in your friend, that shows there was some answering crookedness in you. And instead of condemning him, you ought to blame yourself.

—T. S. Stribling; *The Store*.



